



# KNOW YOUR NUMBERS

The first step to better health

## HEALTH SCREENING EVENTS NEAR YOU!

Appointments last just 20 minutes. Masks are required for all health screening appointments regardless of vaccination status. If you do not have a mask, one will be provided.

NEWPORT NEWS SCREENING SCHEDULE					
AUGUST	LOCATION	DATE	TIME	ROOM	
	HII Family Health Center	<b>BEGINNING JULY 19</b>			
			Every Tue	8 a.m. - Noon	
			Every Wed	12 - 4 p.m.	
			Every Thu	12 - 4 p.m.	
			Every Fri	8 a.m. - Noon	
	B103	Mon, Aug 1	8 a.m. - Noon	Kentucky Room	
	B520	Wed, Aug 3	8 a.m. - Noon	4th Floor Large Conference Room	
	B1744	Tue, Aug 9	8 a.m. - Noon	5th Floor Conference Room	
	B902	Thu, Aug 11	8 a.m. - Noon	VTC A/B	
	B60	Wed, Aug 17	8 a.m. - Noon	2nd Floor Training Room	
	B872	Thu, Aug 18	8 a.m. - Noon	Conference Rooms 2-4	
	B160	Tue, Aug 23	8 a.m. - Noon	Fishbowl Conference Room	
B884	Thu, Aug 25	8 a.m. - Noon	Conference Room 102A		
B888	Wed, Aug 31	8 a.m. - Noon	Conference Rooms 107-109		

### Here's how to schedule an appointment.

**STEP 1:** Visit [myquadmed.com/hii](https://myquadmed.com/hii) to log in to or sign up for a MyChart account.

**STEP 2:** Once logged in, access **Wellness Online** to schedule your health screening.

Visit [myquadmed.com/kyn](https://myquadmed.com/kyn) for step-by-step instructions to complete the program.

